

NOT CRAZY, JUST MENOPAUSE

# KAREN ROY

KEYNOTE · AUTHOR · EDUCATOR · PODCAST HOST

*I help high-performing women stop questioning their sanity — and start scheduling their life around their cycle.*

AUTHOR · 2025

*I'm Not Crazy, You're Not Crazy, It's Menopause*



## ABOUT KAREN

For more than two decades, Karen Roy led teams across Canadian corporate and entrepreneurial sectors — in retail, finance, and tech — until her own perimenopause caught up with her at 47. She left, wrote the curriculum she wished she'd been handed, and now teaches the women who quietly run companies, courtrooms, and households that the brain fog, rage, and anxiety they're hiding aren't a character flaw. They're hormonal. And there's a way to plan around them.

*Schedule your life around your cycle.*

KAREN'S SIGNATURE TEACHING

## SIGNATURE TALKS

### The Second Curve of Leadership

For midlife women in executive and entrepreneur seats. The moment adrenaline-based leadership stops working — and how to redesign your calendar, your authority, and your edge around what your body is actually doing now.

### Schedule Your Life Around Your Cycle

Karen's signature keynote. A practical framework on cycle mapping and hormonal awareness — and why women who learn to plan around their hormones outperform the ones still fighting them.

### Menopause in the Workplace

For corporate audiences, HR leaders, and inclusion councils. Why menopause is a leadership-pipeline issue, what employees won't say out loud, and what one in ten Canadian women are quietly choosing instead.

### Rhythm Over Burnout

For real estate teams, brokerages, and 24/7 industries. Hormonal awareness as an operating system, not a vulnerability — keeping energy, judgment, and momentum intact in industries that don't sleep.

## CREDENTIALS

Author, 'I'm Not Crazy, You're Not Crazy, It's Menopause' (2025)  
Co-author, 'Leadership — It Is Not Just For Leaders' (2003 / updated 2023)  
Host, 'Not Crazy, Just Menopause' podcast · Creator, The CLEAN Method  
Recent stages: Mississauga Board of Trade · Femme Fortune (IWD)

## BOOK KAREN

[karen@notcrazyjustmenopause.com](mailto:karen@notcrazyjustmenopause.com)  
[notcrazyjustmenopause.com](https://notcrazyjustmenopause.com)

FEATURED IN: Yahoo Finance · Authority Magazine · US Times Now · Goss Magazine · Mentors Collective

Instagram @notcrazyjust\_menopause · [linkedin.com/in/karenroy](https://linkedin.com/in/karenroy) · Apple Podcasts · Spotify